



FOR IMMEDIATE RELEASE

Contact:

Janessa VandenBerge, MPH, CHES®

Community Health Educator

715-839-6941

janessa.vandenberge@co.eau-claire.wi.us

New Year, New You Diet Free

Eau Claire, WI, January, 6, 2020 – Did you make a New Year’s resolution to lose weight? Have you recently started a new diet? If a diet or product sounds too good to be true, it probably is. Some diets remove foods that have nutrients your body needs, some even cut entire food groups. These are fad diets and are not long-term solutions to lose weight. In Eau Claire County, **2 in 3 adults are overweight or obese** (Behavior Risk Factor Surveillance System).

“Trendy diets sound exciting. Who doesn’t want a quick fix? But health benefits from fad diets are only a temporary fix. Make healthy eating and being more physically active your main goals for the year. Losing weight will be a bonus side effect” says Janessa VandenBerge, Community Health Educator.

Healthy Habits for a New You in the New Year

- ✓ **FILL HALF OF YOUR PLATE WITH FRUITS AND VEGETABLES.** Make your fruits and vegetables the focal point of every meal. Instead of tossing out all “bad” foods, eat more healthy foods.
- ✓ **STAY HYDRATED.** Water is best. Do not feel like you need to force down plain water. Try sparkling water or add fresh fruit to ice-cold water.
- ✓ **BE ACTIVE.** Move more, sit less. Aim for 30 minutes of physical activity 5 days per week. Walk at the mall, clean the house, dance to music!
- ✓ **PUT AWAY THE SNACKS.** Avoid grazing all day. Plan for 1-2 healthy snacks. Put snacks in a small bowl or bag. Avoid eating straight from the package.
- ✓ **EAT A MEAL AS A FAMILY THREE TIMES A WEEK.** Turn off screens and focus on enjoying time together. Experts have found that eating and talking together helps everyone eat healthier.



Remember, losing weight is much more than the numbers on the scale. It is about developing healthy habits that can last a lifetime.

###